

Pentland -PE Overview

Term	Reception	Year 1	Year 2
Aut 1	<p>REAL PE – Personal</p> <ul style="list-style-type: none"> - Birthday Bike Surprise - Pirate Adventure <p>Objectives:</p> <ul style="list-style-type: none"> - I can work on simple tasks by myself. - I can follow simple instructions. - I can move forwards and backwards in different ways. - I can run and march on the spot. - I can bounce on one spot. - I can balance on one leg for 10 seconds. - I can balance on one leg for 30 seconds. - I can complete 5 mini squats 	<p>REAL PE – Personal</p> <ul style="list-style-type: none"> - Birthday Bike Surprise- - Pirate Adventure <p>Objectives:</p> <ul style="list-style-type: none"> - I can work on simple tasks by myself. - I can follow simple instructions. - I can side step in both directions. - I can gallop leading with either foot. - I can hop on either foot. - I can skip. - I can balance on one leg for 10 seconds. - I can balance on one leg for 30 seconds. - I can balance for 30 seconds with my eyes closed. I can complete 5 mini squats. I can complete 5 ankle extensions, 	<p>REAL PE – Personal</p> <ul style="list-style-type: none"> - Rock, Paper, Scissor - Snap, Crackle, Pop <p>Objectives:</p> <ul style="list-style-type: none"> - I can work on simple tasks by myself. - I can follow simple instructions. - I can side step in both directions. - I can gallop leading with either foot. - I can hop on either foot. - I can skip. - I can hopscotch backs and forwards - I can complete a three-step zigzag pattern. - I can balance on one leg for 10 seconds. - I can balance on one leg for 30 seconds. - I can balance for 30 seconds with my eyes closed. I can complete 10 mini squats. - I can complete 10 ankle extensions
			<p>Additional Session – Coaching Sport –</p> <p>Ball skills and invasion games.</p> <p>Objectives:</p> <ul style="list-style-type: none"> - I can pass a ball. - I can work effectively with others. - I can shield a ball. - I can turn and look for spaces.
	Extra – Curricular – N/A	<p>Extra – Curricular – Multi skills Club</p> <ul style="list-style-type: none"> - I can try and play a variety of different sports. - I can follow instructions - I can work effectively with others. 	<p>Extra – Curricular – Multi skills Club</p> <ul style="list-style-type: none"> - I can try and play a variety of different sports. - I can follow instructions - I can work effectively with others.

Pentland -PE Overview

Aut 2	<p>REAL PE – Social</p> <ul style="list-style-type: none"> - Moon Adventure - Fun in the jungle <p>Objectives:</p> <ul style="list-style-type: none"> - I can help and encourage others. - I can share and take turns with others - I can jump two feet to two feet; forwards, backwards and side to side. - I can do a quarter turn in bother directions. - I can stand on a line and jump two feet to one foot. - I can perform a range of seated balances. - I can balance whilst swapping a cone from hand to hand. 	<p>REAL PE – Social</p> <ul style="list-style-type: none"> - Moon Adventure - Fun in the jungle <p>Objectives:</p> <ul style="list-style-type: none"> - I can help and encourage others. - I can share and take turns with others. - I can jump two feet to two feet; forwards, backwards and side to side. - I can do a quarter turn in bother directions. - I can stand on a line and jump two feet to one foot. - I can perform a 180 degree turn. - I can complete a tucked jump. - I can perform a range of seated balances. - I can balance whilst swapping a cone from hand to hand. 	<p>REAL PE – Social</p> <ul style="list-style-type: none"> - Stepping Stones. - Find and select shapes. <p>Objectives:</p> <ul style="list-style-type: none"> - I can help and encourage others. - I can share and take turns with others. - I can jump two feet to two feet; forwards, backwards and side to side. - I can do a quarter turn in bother directions. - I can stand on a line and jump two feet to one foot. - I can perform a 180 degree turn. - I can complete a tucked jump. - I can hop forwards and backwards. - I can hop sideways, freezing my knees. - I can perform a range of seated balances. - I can balance whilst swapping a cone from hand to hand. - I can sit in a dish shape, holding it for 5 seconds. - I can hold a V shape with straight arms and legs.
		<p>Additional Session – Coaching Sport –</p> <p>Ball skills and invasion games.</p> <p>Objectives:</p> <ul style="list-style-type: none"> - I can pass a ball. - I can work effectively with others. - I can shield a ball. - I can turn and look for spaces. 	<p>REAL GYM - Physical</p> <ul style="list-style-type: none"> - I can perform and repeat longer sequences with clear shapes and controlled movement. - Using floor work / low apparatus & large apparatus.
	<p>Extra – Curricular – N/A</p>	<p>Extra – Curricular- Multi skills Club</p> <ul style="list-style-type: none"> - I can try and play a variety of different sports. - I can follow instructions - I can work effectively with others. 	<p>Extra – Curricular - Multi skills Club</p> <ul style="list-style-type: none"> - I can try and play a variety of different sports. - I can follow instructions - I can work effectively with others.

Pentland -PE Overview

Spr 1	REAL PE – Personal – Train Adventure	REAL PE – Personal – Train Adventure	REAL PE – Personal – Race Walking
-------	-----------------------------------------	-----------------------------------------	--------------------------------------

	<p>- Line Out</p> <p>Objectives:</p> <ul style="list-style-type: none"> - can explain what I am doing and begin to identify areas of development. - I can name things I am good at. - I can walk forwards and backwards along a line. - I can lift my knees and elbows in a fluid motion. - - I can fluidly move in different ways along a line. - I can stand on a line / low beam for 10 seconds. <p>I can perform different actions whilst balancing on a beam.</p>	<p>- Line Out</p> <p>Objectives:</p> <ul style="list-style-type: none"> - I can explain what I am doing and begin to identify areas of development. - I can name things I am good at. - I can walk forwards and backwards along a line. - I can lift my knees and elbows in a fluid motion. - - I can fluidly move in different ways along a line. - I can stand on a line / low beam for 10 seconds. I can perform different actions whilst balancing on a beam. 	<p>- Stuck in the mud</p> <p>Objectives:</p> <ul style="list-style-type: none"> - I can explain what I am doing and begin to identify areas of development. - I can name things I am good at. - I can walk forwards and backwards along a line. - I can lift my knees and elbows in a fluid motion. - - I can fluidly move in different ways along a line. - I can stand on a line / low beam for 10 seconds. - I can perform different actions whilst balancing on a beam.
	Yoga Bugs classroom sessions	Yoga Bugs classroom sessions	Additional Session – Coaching Sport – Dance and Gymnastics Objectives: <ul style="list-style-type: none"> - I can follow a 8 step beat. - I can use create my own balances and dance moves. - I can follow simple instructions. - - I can put together my own sequence of movement.
	Extra – Curricular	Extra – Curricular Sports Club – An introduction into invasion games.	Extra – Curricular Sports Club – An introduction into invasion games.

Pentland -PE Overview

<p>Spr 2</p>	<p>REAL PE – Creative</p> <ul style="list-style-type: none"> - Clowns Naughty Ball - Off to the seaside <p>Objectives:</p> <p>I can sit and roll a ball;</p> <ul style="list-style-type: none"> - Move a ball from one hand to the other. - Roll the ball along the floor to make a shape. - Rolling the ball with a partner. - I can work effectively with a partner. - I can copy my partner’s movement. - I can perform a seated balance with my partner. 	<p>REAL PE – Creative</p> <ul style="list-style-type: none"> - Clowns Naughty Ball - Off to the seaside <p>Objectives:</p> <p>I can sit and roll a ball;</p> <ul style="list-style-type: none"> - Around my body using 1 / 2 hands. - Up and down my toes. - Up and around my legs. - I can work effectively with a partner. - I can copy my partner’s movement. - I can perform a seated balance with my partner. 	<p>REAL PE – Creative</p> <ul style="list-style-type: none"> - Ball Skills - With a partner <p>Objectives:</p> <p>I can sit and roll a ball;</p> <ul style="list-style-type: none"> - Around my body using 1 / 2 hands. - Up and down my toes. - Up and around - I can move a ball around one leg 16 times. - I can make up my own movements and rules. - I can work effectively with a partner.
---------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

		<ul style="list-style-type: none"> - I can explore different ways of moving. 	<ul style="list-style-type: none"> - I can copy my partners movement. - I can perform a seated balance with my partner. - I can perform a set of standing balances. -
	<p>Yoga Bugs – Indoor Classroom Yoga</p>	<p>Additional Session – Coaching Sport – Dance and Gymnastics</p> <p>Objectives:</p> <ul style="list-style-type: none"> - I can follow a 8 step beat. - I can use create my own balances and dance moves. - I can follow simple instructions. - - I can put together my own sequence of movement. 	<p>Yoga Bugs – Indoor Classroom Yoga</p>
	<p>Extra – Curricular</p>	<p>Extra – Curricular</p> <p>KS1 Reluctant Participants</p> <p>Football Club</p>	<p>Extra – Curricular</p> <p>KS1 Reluctant Participants</p> <p>Football Club</p>

Pentland -PE Overview

Sum 1	<p>REAL GYM</p> <p>I can perform a small range of skills</p> <p>I can link two moves together.</p> <p>I can demonstrate a range of seated and standing balances.</p> <p>I can safely use apparatus.</p>	<p>Real Gym</p> <p>I can perform a range of skills with control and consistency/</p> <p>I can demonstrate a range of seated and standing balances.</p> <p>I can safely use apparatus.</p> <p>I can safely jump from apparatus.</p>	<p>Real Gym</p> <p>I can perform a range of skills with control and consistency/</p> <p>I can demonstrate a range of seated and standing balances.</p> <p>I can safely use apparatus.</p> <p>I can safely jump from apparatus.</p>
	<p>Yoga Bugs – Indoor Classroom Yoga</p>	<p>Real Dance</p> <p>I can explore and describe different movements/</p> <p>I can put together a simple movement sequence.</p>	<p>Additional Session – Coaching Sport –</p> <p>Striking and fielding</p> <p>Objectives:</p> <p>I can throw and catch a ball.</p> <p>I can throw under arm.</p>
			<p>I can throw over arm.</p> <p>I can balance a ball on a bat / racket.</p> <p>I can strike a ball with a bat.</p> <p>I can tactically understand a striking game.</p>

Pentland -PE Overview

	Cricket Club - Open the club to Reception	Football Club I can learn how to pass and shoot the ball. I can learn basic football rules. I can learn how to shield and look after a football. Cricket Club I can learn simple throwing and catching skills. I can learn rules associated with cricket. I can play as part of a team.	Football Club I can learn how to pass and shoot the ball. I can learn basic football rules. I can learn how to shield and look after a football. Cricket Club I can learn simple throwing and catching skills. I can learn rules associated with cricket. I can play as part of a team.
Sum 1	Athletics / Relays Sports Day practise: Relay races I can run a relay race. I can perform different skills whilst moving i.e. balancing, jumping and turning. I can work as part of a team.	Athletics / Relays Sports Day practise I can run a relay race. I can perform different skills whilst moving i.e balancing, jumping and turning. I can work as part of a team.	Athletics / Relays Sports Day practise I can run a relay race. I can perform different skills whilst moving i.e balancing, jumping and turning. I can work as part of a team.
	Real Dance I can explore and describe different movements. I can put together a simple movement sequence. I can move to a simple beat / rhythm.	Additional Session – Coaching Sport – Striking and fielding Objectives: I can throw and catch a ball. I can throw under arm. I can throw over arm. I can balance a ball on a bat / racket.	Yoga Bugs – Indoor Classroom Yoga I can explore and describe different movements/ I can put together a simple movement sequence.
		I can strike a ball with a bat.	

Pentland -PE Overview

	Athletics Club -	Football Club Athletics Club I can develop my fundamental movement skills. I can develop my ability to run, jump, turn, catch. I can work as part of a team.	Football Club Athletics Club I can develop my fundamental movement skills. I can develop my ability to run, jump, turn, catch. I can work as part of a team.
--	------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------